



## Commonly Recommended Joint Supplements

In no particular order, the following supplements are recommended based on quality and assurance for your pet:

### Nutramax brand

1. Cosequin (cats, dogs) – found over-the-counter, this joint supplement in its most basic formula contains glucosamine and chondroitin, but formulations with MSM (methylsulfonylmethane), ASU (avocado/soybean unsaponifiables) and omega-3's are also available\*
  2. Dasuquin (cats, dogs) – available through Evergreen, this joint supplement includes glucosamine, chondroitin and ASU in its most basic formula
  3. Dasuquin Advanced (cats, dogs) – also available through Evergreen, this joint supplement adds Boswellia extract and omega-3's EPA and DHA to its most basic formula\*
- All Nutramax brand products are guaranteed hypoallergenic

### Dechra brand

1. Phycoc (dogs) – available through Evergreen, this joint supplement contains phycocyanin, glucosamine, MSM, alpha-linolenic acid, EPA and DHA in its most basic formula\*
2. Phycoc Max (dogs) – also available through Evergreen, this joint supplement adds a blend of extracts to its most basic formula
3. Phycoc (Max) HA (dogs) – this formulation is guaranteed hypoallergenic to its counterpart

### Vetoquinol brand

1. Flexadin (cats, dogs) – available through Evergreen, this joint supplement contains glucosamine, chondroitin, omega-3's and a unique ingredient Harpagophytum procumbens\*

### Phibro Animal Health Corporation brand

1. Rejensa with Gluco Blu (dogs) – available through Evergreen, this joint supplement contains an improved form of glucosamine called Gluco Blu (N-Butyryl Glucosamine).

### \* Ingredient descriptions and benefits:

MSM – a compound used *by* joints to maintain their integrity

ASU – scientifically shown to reduce cartilage breakdown

Boswellia extract – plant extract that stops inflammatory responses to arthritis in the joint

EPA/DHA and alpha-linolenic acid – types of omega-3 and 6 fatty acids, these compounds reduce inflammation, and therefore pain

Phycocyanin – natural antioxidant that reduces free radicals that are harmful to arthritic joints

Harpagophytum procumbens – medicinal plant used to relieve pain of osteoarthritis and acts almost as a vaccine for the body to fight inflammation, and therefore pain, of osteoarthritis

Gluco Blu (N-Butyryl Glucosamine) – improved form of glucosamine that showed significant improvement in quality of life in a matter of 16 days.